

Contents

Contributors ix
Preface xi

Part I Behavioral Analysis of Variability in the Movement System

Chapter 1 Variability in Motor Output As Noise: A Default and Erroneous Proposition? 3
Karl M. Newell, PhD, Katherine M. Deutsch, PhD, Jacob J. Sosnoff, PhD, and Gottfried Mayer-Kress, PhD

Noise and Movement Variability in Information Theory 4
Noise in Physiological Models of Motor Control 7
Categories of Noise 10
Variability and Noise in Motor Output 13
Multiple Timescales of Variability 20
Concluding Comments 22

Chapter 2 Variability in Postural Coordination Dynamics 25
Olivier Oullier, PhD, Ludovic Marin, PhD, Thomas A. Stoffregen, PhD, Reinoud J. Bootsma, PhD, and Benoît G. Bardy, PhD

Ambiguity of the Neurophysiological Approach to Postural Coordination 26
Kinematic Analysis of Dynamic Patterns in Postural Coordination 28
Postural Coordination Emerges from the Interplay of Different Constraints 29
Intention (to Sway) Modulates the Stability of Postural Coordination 34
Dynamics of Postural Transitions 36
Nature of the Transitions Between Postural Coordination Patterns 44
Variability in Self-Organization of Postural Coordination 44
Unique Aspects of Postural Coordination 46
Conclusion 46

**Chapter 3 The Interface of Biomechanics and Motor Control:
Dynamic Systems Theory and the Functional Role
of Movement Variability 49**
*Paul S. Glazier, Jonathan S. Wheat, PhD, David L. Pease,
and Roger M. Bartlett, PhD*

Movement Variability: Traditional and Contemporary Approaches 50
Biomechanics and Motor Control 52
Sport Biomechanics: A Critical Overview 54
Dynamic Systems Theory Applied to Sport Biomechanics 57
Concluding Remarks 69

Part II Variability, Performance, and Excellence

Chapter 4 Serving Up Variability and Stability 73
Craig Handford, PhD

Deliberate Practice Is Not Always About Movement Consistency 74
Solutions to Movement Problems Can Be Generic and Yet Individual 77
Variability Can Provide a Basis for Practice in Parts 80
Conclusion 83

**Chapter 5 Variability in Motor Output
and Olympic Performers 85**
Les G. Carlton, PhD, John W. Chow, PhD, and Jaeho Shim, PhD

Variability in the Motor Domain 87
Speed and Accuracy in Projectile Tasks 89
Models of Throwing Accuracy 90
Throwing Accurately to Horizontal Targets 90
Throwing Accurately to Vertical Targets 92
Speed-Variability Trade-Offs in Sport Tasks 94
Speed and Variability in Throwing 95
Speed and Variability in Striking 96
Summary 97
Olympic Project 97
Data Collection 100
Location of Ball Landing 101
Ball and Racket Speeds 105
Olympic Project and Speed-Accuracy Trade-Offs 106

**Chapter 6 Genetic and Environmental Constraints
on Variability in Sport Performance 109**
Joseph Baker, PhD and Keith Davids, PhD

Nurture Perspective of Expertise Development: Deliberate Practice 110
Challenges of Deliberate Practice 116

Genetic Constraints on Physical Performance	119
Genetic Contribution to Motor Skill Performance	120
Genetic Contribution to Variability in Physical Performance	124
Concluding Remarks: A Case for Dynamic Systems Theory	129

Part III Issues in Measurement

Chapter 7 Coordination Profiling of Movement Systems 133

*Chris Button, PhD, Keith Davids, PhD,
and Wolfgang Schöllhorn, PhD*

Theoretical Evolution of Variability in Movement	134
Data Collection and Statistical Analysis	136
Coordination Profiling	138
Cluster Analyses and Time-Continuous Variables of Intra- and Interindividual Athletic Performance	141
General Discussion and Implications	150

Chapter 8 Clinical Relevance of Variability in Coordination . . 153

*Joseph Hamill, PhD, Jeffrey M. Haddad, MS,
Bryan C. Heiderscheit, PhD, Richard E.A. Van Emmerik, PhD,
and Li Li, PhD*

Variability in Traditional and Dynamic Systems Views	155
Dynamic Systems Concept of Variability in Movement	156
Clinical Relevance of Variability	164
Conclusions	165

Chapter 9 Measuring Coordination and Variability in Coordination 167

Jonathan S. Wheat, PhD and Paul S. Glazier

Measuring Coordination and Variability in Coordination	168
Summary	181

Part IV Variability Across the Life Span

Chapter 10 Functional Variability in Perceptual Motor Development 185

*Geert J.P. Savelsbergh, PhD, John van der Kamp, PhD,
and Karl S. Rosengren, PhD*

Functional Coupling of Perception and Movement: Constraints	186
Variability in Early Infant Reaching	189
Functional Variability and Exploration	191

Variability and Selection in the Coupling of Information and Movement 196

Conclusions 198

Chapter 11 Aging and Variability in Motor Output 199

Evangelos A. Christou, PhD and Brian L. Tracy, PhD

Older Adults Do Not Always Exhibit Greater Variability in Motor Output

 Within a Trial 201

Older Adults Exhibit Greater Variability in Motor Output From Trial to Trial 206

Physical Training Attenuates the Variability of Motor Output in Older Adults 210

Changes in the Nervous System Alter Variability in Motor Output 212

Summary 215

Part V Variability Within Subsystems

Chapter 12 Mechanical Properties of Muscles Reduce Performance Variability 219

Alberto E. Minetti, MD

Arm Wrestling 222

Variability in Drop Landing 229

Conclusions 235

Chapter 13 Cellular and Molecular Basis of Heterogeneity in Contractile Performance of Human Muscles 237

Carlo Reggiani, PhD and Susan Bortolotto, PhD

Functional and Molecular Heterogeneity of Muscle Fibers 239

Functional Characterization of Human Muscle Fiber Types: Contractile Properties ... 241

Heterogeneity of Electrophysiological Properties

 and Excitation–Contraction Coupling in Human Muscle Fibers 244

Metabolic Heterogeneity of Human Muscle Fibers 246

Plasticity of Human Skeletal Muscles 249

Optimization of Muscle Performance by Selective Recruitment 249

Conclusions 250

Chapter 14 Self-Organizing Brain Dynamics and Movement Goals 251

Walter J. Freeman, MD

Limbic Contributions to Intentional Action 255

Neurodynamics of Chaos in Perception 257

Conjoining of Time and Space Through Action 258

Linear Causality Versus Circular Causality 260

Timing in the Awareness of Action 266

Conclusion 268

Chapter 15 Variability of Brain Activity During Rhythmic Unimanual Finger Movements 271

*T.D. Frank, PhD, C.E. Peper, PhD, A. Daffertshofer, PhD,
and P.J. Beek, PhD*

Theoretical Framework	272
Coordinated Rhythmic Movements	277
Experiments and Experimental Results	285
Dominance of Descending Neural Activity	299
Phase Synchronization and Mean-Field Forces	300
Connectivity Maps	300
Mean-Field Haken-Kelso-Bunz Model	301
Implications for the Dynamic Systems Approach	303
Outlook	304

References 307

Index 351

About the Editors 363